

wherein said composition further comprises 20-40 weight percent wheat germ, based on the total weight of the composition, wherein said composition further comprises 20-60 weight percent honey, based on the total weight of the composition, wherein said honey is a non-denatured honey.

7. (Independent Form) A composition for the relief of occasional heartburn and digestive disorders, said composition comprising: honey, and raw food fibers, wherein said honey has a peroxide activity amount of greater than about 5 μ g of hydrogen peroxide per gram honey after 60 minutes as measured at a temperature of 21°C.

15. (Independent Form) A compressed product for the relief of occasional heartburn and digestive disorders, comprising:

(112) ^{what} a composition further comprising;

20-60 weight percent honey; and

20-40 weight percent raw food fibers; based on the total weight of the composition, wherein said composition further comprises 20-40 weight percent wheat bran, based on the total weight of the composition, wherein said composition further comprises 20-40 weight percent wheat germ, based on the total weight of the composition, wherein said honey is a non-denatured honey.

16. (Independent Form) A compressed product for the relief of occasional heartburn and digestive disorders, comprising:

a composition further comprising;

20-60 weight percent honey wherein said honey has a peroxide activity amount of greater than about 5 μ g of hydrogen peroxide per gram honey after 60 minutes as measured at a temperature of 21°C; and

20-40 weight percent raw food fibers; based on the total weight of the composition,